

Looking for support?

Virtually Together Group

Zooms the 2nd Tuesday of each month 5:30-7pm..Open to cancer patients, survivors, loved ones, any gender, and those affected by any type/stage of cancer.



**CANCER
RESOURCE
CENTER**
OF THE FINGER LAKES

**Coming in September!
Mindful Mondays**

Caregiver Group

Zooms the 2nd Tuesday of each month 5:30-7pm. Open to family, friends, and caregivers of those with cancer.

Lymphedema Group

Zooms & Meets the 5th Tuesday of each month 5:30-7pm
For people affected by lymphedema.

Women's Friday Group

Zooms every Friday 12-2pm. For women with any type of cancer, at any stage of treatment or recovery.

Living Well with Cancer Workshop

Zooms the 3rd Tuesday of each month 5:30-7pm. A monthly educational program on a topic related to cancer and/or general well-being. Open to the public.

Colorectal Group

Zooms & Meets the 1st Tuesday of each month 5:30-7pm. For people with any type of colorectal cancer, at any stage of treatment or recovery.

Cornell Cancer Group

Zooms the 2nd Wednesday of each month 11:45-12:45pm. Open to faculty, staff, students and retirees with any type of cancer, at any stage of treatment or recovery.

Pat's Group: Living with Cancer as a Chronic Disease

Zooms the 1st & 3rd Thursday of each month 12-1:30pm. For people with more advanced cancers. Caregivers welcome.

Women's Wednesday Group

Meets every Wed. 1-2:30pm. For women with any type of cancer, at any stage of treatment or recovery.
Pre-registration required.

Men's Breakfast Club

Meets every Friday 8-9am at the Royal Court Restaurant. For men with any type of cancer, at any stage of treatment or recovery.

Prostate Group

Zooms the 2nd Thursday of each month 7-8:30pm. Offers support, education programs and discussions related to prostate cancer. Open to men & their caregivers.

Gentle Yoga class

Zooms Tuesdays 10-11am. A blend of stretching, relaxation, healing visualization, and meditation in a supportive group environment. (free to those with cancer)

Beth's Group:

Adults Under the Age of 50
Zooms & Meets the 4th Tuesday of each month 5:30-7pm. For people at any stage of treatment or recovery. Partners welcome.

Contact CRC for more information and to learn how to join:
info@crcfl.net 607-277-0960 crcfl.net 612 W. State St., Ithaca, NY